



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA
Department of Yoga Studies
Tejaswini Hills, Periyar PO, Kasaragod - 671 316





MINUTES OF THE YOGA SYLLABUS REVIEW COMMITTEE MEETING

Venue: Dept. of Economics, Kaveri Block, CUK, Periyar, Kasaragod.

Date: December 05, 2018

Time: 3:00 P.M.

Members Present:

1. Prof. (Dr.) K. C. Baiju (Chairman)  5/12/18
2. Dr. Rajendra Pilankatta (Member)  5/12/18
3. Dr. Mohan A.K. (Member)  5/12/18
4. Dr. Subramanya Pailoor (Convener)  5/12/18

Meeting began with the welcoming of the members by the Chairman Prof. (Dr.) K.C. Baiju. Professor, Dept. of Economics. The committee discussed the Guidelines in detail for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made;

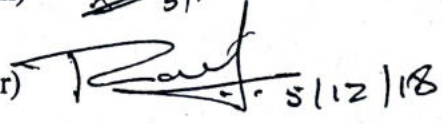
1. The committee recommended to limit the credits of core courses as four (4) and Three (3) for electives. The total credits for core courses will be sixty (60), whereas for elective it will be twelve (12), altogether arrived the total of seventy-two (72) for the entire programme as detailed in the semester wise breakup.
2. The workload of fourth semester has been reduced to 28 Hrs. from 34Hrs. by reallocating the course (MYG5491: Yoga Practical VI) to the third semester, making the total workload of the third semester as 28Hrs. instead of 22 Hrs. as in the pre-revised curriculum.
3. The committee opined to indicate the workload for the Dissertation as 8 Hrs. and 10 Hrs. for Clinical Internship/field work in the fourth semester.

The committee finalised the syllabus based on the incorporation of the above mentioned points (1 to 3), subject to the ratification of the forthcoming Academic Council and the competent authorities concerned.

1. Prof. (Dr.) K. C. Baiju (Chairman)


5/12/18

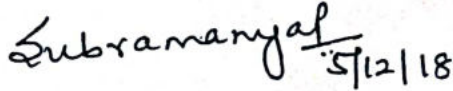
2. Dr. Rajendra Pilankatta (Member)


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3. Dr. Mohan A.K. (Member)


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5/12/18

CENTRAL UNIVERSITY OF KERALA
DEPARTMENT OF YOGA STUDIES
M.Sc. YOGA THERAPY

MYG5301 Principles of Yoga Therapy

Course Code	MYG5301	Semester	III
Course Title	<i>Principles of Yoga Therapy</i>		
Credits	4	Type	Core

Course Description

This course is oriented to develop in the knowledge in the principles and practice of Yoga Therapy that enhances the employability as a Yoga Therapist of the student undergoing this course This course is intended to provide an overview of the principles of yoga therapy. This course is teaching the principles of Yoga therapy in detail. Also teaches the concept of therapeutics in Yoga scripts and in Ayurvedic scripts.

Course Outcome

- **Students get a thorough knowledge about the principles of yoga therapy.**
- **Develops the skill in understanding the physical condition according to Ayurveda aspects.**
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- **Skill in various therapeutic techniques in Yoga for treatment and management of the diseases.**
- **Skill in prescribing a healthy diet plan according to Yoga.**

Course Structure

The following is a detailed syllabus MYG5301 Principles of Yoga Therapy

Module :

This module is focussed to teach the principles and practice of Yoga therapy. First unit teaches the basic principles of yoga therapy. Second unit teaches about the properties of dietetics. Third semester teaches the daily routine and seasonal routine. Fifth unit teaches about therapeutic concepts in classical texts.

This module comprises of the following units:

Unit I. Basic principles of yoga therapy (14 hours)

- Shadvimsati tatva theory
- Panchakosha theory
- Tridosha theory
- Application of the three theories.

Unit II. Food system and health management (12 hours)

- Dietetics with relationship of Rasa, Guna, Virya, Vipaka and uses of the following: Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana. Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
- Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
- Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva,
- Tulasi, Guduchi, Tila, Nimba, Maricha, Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

Unit III. Principles of yoga therapy (14 hours)

- Principles of Yoga therapy related to Indian System of Medicine – Tridosha, Dhatu, Mala, Sadrasa.

- Dinacarya, Sadvritta, Abhyanga, Vyayama.
- Ritucarya, Ritusandhi
- A general survey of preventive, promotive and curative aspects of Yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

Unit IV. Yogic methods in Yogavasistha

(10 hours)

- Citta, its qualities, Cittavikaras, Cittacikitsa.
- Manas, Rupa, Existence, Sadacara, Ahankara, Bandhabandha, Jivanmukta.
- Yoga and its explanation, Jnana, Indriya and Vairagya.
- Jnana, Suk Yogopadesa, Nirvana, Visranti.

Unit V. Yoga therapy concepts in classical texts

(10 hours)

- Yoga therapy concepts in Patanjala yoga sutra
- Yoga therapy concepts in Hathayogapradipika
- Yoga therapy concepts in Gheranda Samhita

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References

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2. Swami Diagambarji, DrM.L Gharote, Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997
3. Swami Virupakshananda, Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai; 2006
4. Dr. Nandini Dilip Dhargalkar, Sarira Kriya Vidhana (A Text Book OF Physiology Of Ayurveda) Volume I, Banaras Ayurveda Series 32, Chowkhamba Sanskrit Series Office, K37/99, Gopal Mandir lane Varanasi; 2008
5. Pndt Hari Sadashiva Shastri,(2007), Ashtangahridayam of Vagbhata, Choukamba Surabharathi Prakashan, Gopal Mandir Lane, Varanasi; 2007
6. Dr.B Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai ; 1980
7. Krishnamacharya, Nathamuni's Yoga Rahasya, Krishnamacharya GrabthmalaSeries-II, Krishnamacharya Yoga Mandiram, 31, 4'th Cross Street, R K Nagara, Chennai; 1981
8. V.M Kulkarni (1986), Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi;1986